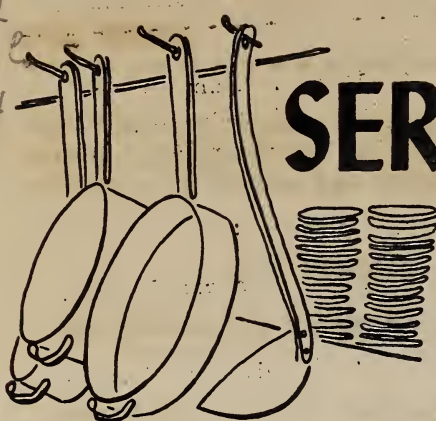


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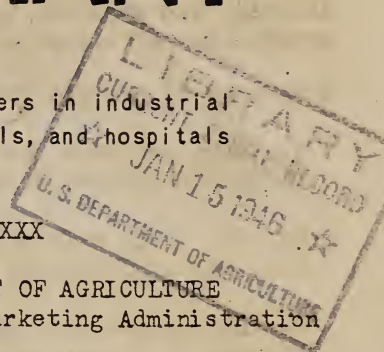
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# SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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## Cabbage, Irish Potatoes, Sweet Potatoes

Fall cabbage, "late" Irish potatoes, and sweet potatoes will be in abundant supply during the month of October. The cabbage crop has reached record proportions and plentiful amounts of the hardy Danish variety will be available.

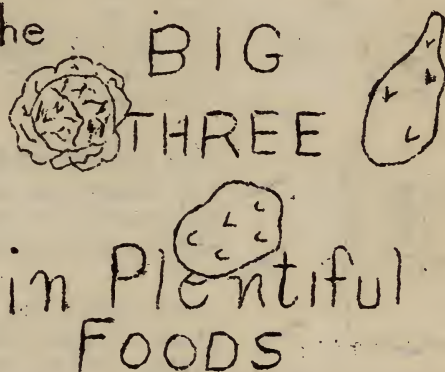
Cabbage is an inexpensive vegetable and one that can be used in many ways. It is a good source of vitamin C when it is properly prepared. Cabbage should be cooked just until tender, in order to prevent discoloration, the development of a strong flavor, and the destruction of vitamin C. In order to preserve the crispness of cabbage salads, salad dressings should be added just before the salads are served.

Sweet potatoes will be plentiful at harvest time, from September 15 to November 1. The quality of these sweet potatoes will be good and the prices will be below ceiling in most markets. Industrial feeding managers should plan to use sweet potatoes often during the period when they are abundant.

Sweet potatoes may be baked, browned, candied or mashed. Steamed sweet potatoes are delicious when sliced lengthwise and then browned lightly in a small amount of fat.

"Late" Irish potatoes now appearing in the markets are thick-skinned and will keep well if properly stored. Cool, well-ventilated storage should be provided, and the potatoes should be sorted frequently to remove any spoiled ones which might damage the entire lot.

Care should be taken in handling potatoes from the time of delivery until the



time of serving to prevent unnecessary waste. More potatoes than any other one vegetable are used in industrial feeding. Therefore, although they are relatively inexpensive, unnecessary waste in preparation may amount to a considerable item of expense.

Some ways to prevent excessive waste in preparing potatoes are:

1. Sort potatoes for size to regulate the time required for cooking and to obtain uniform sized portions.
2. Use large potatoes for baking, the medium size for steaming and browning, and smaller ones for mashing and slicing.
3. Put potatoes of approximately the same size into the potato peeler to prevent small potatoes from being wasted while larger ones are being peeled by the machine.
4. Regulate the operating time of the potato peeler to prevent over-peeling. Instruct workers in the exact length of time required to peel a hopperful of potatoes.

#### Serving Milk to Workers



War Food Order 79, which limited the use of milk products, has been revoked. Industrial feeding managers now should have adequate supplies of milk, cream and cheese. Ice cream will continue to be restricted in quantity by the sugar shortage.

Milk is one of our most valuable foods and it is also one which is easily contaminated. Therefore, the greatest care should be taken in handling and serving milk and other dairy products.

Recommendations that have been made by the United States Public Health Service for the care of milk in eating establishments include these precautions:

1. Pasturized milk and milk products should be used whenever they are available.
2. Milk should be served in the original container in which it was received from the distributor, or from a bulk container equipped with an approved dispensing device. <sup>1/</sup>
3. Milk should be held at or below 50° F.
4. The pouring lips of milk bottles and paper containers should not be submerged in water used for cooling.

Recent research has shown that milk dispensed in clear glass bottles should be kept out of the direct sunlight in order to prevent destruction of vitamin B<sub>2</sub> (riboflavin). Bottled milk that was exposed to direct sunlight for one hour

<sup>1/</sup> U. S. Public Health Service "Milk Ordinance and Code Recommended by the U. S. Public Health Service." It is bulletin No. 280, 1943.

lost from 30 to 54 percent of its riboflavin content. As milk is one of the most valuable sources of this vitamin, food managers should not let bottled milk stand on loading platforms exposed to sunlight.

#### Between-Meal Feedings

Industrial production is maintained at a higher level when fatigue is kept at a minimum and the morale of the workers is high. Studies on industrial efficiency have shown that short rest periods at the end of the first and third quarters of a shift have a beneficial effect in combating fatigue and in sustaining morale.

When appetizing and nutritious foods are served during the rest periods, they have been shown to result in increased productivity and improved morale.

Between-meal refreshments served to industrial workers should make a definite contribution to the worker's diet. Foods should be served that meet the following qualifications:

1. Provide essential nutrients as well as energy.
2. Can be dispensed quickly in a sanitary manner.
3. Can be sold at a moderate price.
4. Are acceptable to the workers.

Foods that satisfy these qualifications include: Fresh fruits, citrus fruit juices, tomato juice, milk, ice cream, and sandwiches. Whole-wheat crackers, peanut butter wafers, and molasses and oatmeal cookies are accompaniments that may be served with fruit juices or milk to supply nourishment.

Experiments have shown that foods that contain protein and fat as well as carbohydrates sustain energy for a longer period than foods containing carbohydrates alone. Milk is a food that contains protein, fat, and carbohydrates and is, therefore, an excellent "snack" food. It should be offered in half-pint containers as well as in pints for the between-meal snack.

#### Public Health Films

Industrial feeding managers will be interested in a series of four film strips for food handlers recently issued by the U. S. Public Health Service. The title of the series is "Our Health in Your Hands."

The film strips are 35 mm with sound. The sound records are 16 inches in diameter and are designed for use on a turntable that revolves at 33-1/3 r.p.m. Each film strip requires from 10 to 15 minutes for showing.

Information about obtaining these films is included in the announcement of the Federal Security Agency appearing elsewhere in these pages.

#### Public Health Posters

The U. S. Public Health Service has issued a set of 6 colored posters, entitled "For Our Patron's Health," which are designed for the attention of food service employees. These are colorful and attractive and bring out important points on the care and handling of foods. A set of these posters may be obtained from the Superintendent of Documents, Government Printing Office, Washington, D. C. Price, 25 cents.

# October



## Menus for Special Lunches

1

Roast shoulder of lamb  
Mashed potatoes  
Buttered peas  
Enriched bread with butter or for-  
tified margarine  
Canned apricots - cookies  
Beverage

2

Baked lima beans with bacon strips  
Fresh buttered spinach  
Cabbage and carrot slaw  
Whole-wheat bread with butter or  
fortified margarine  
Green apple pie  
Milk

3

Hamburger patties  
Scalloped potatoes  
Stewed tomatoes  
Enriched rolls with butter or for-  
tified margarine  
Fruit in gelatine  
Milk

4

Boiled tongue with horseradish sauce  
Baked potato  
Buttered green beans  
Whole-wheat bread with butter or  
fortified margarine  
Warm gingerbread with whipped cream  
Milk

5

Fish cakes with tomato sauce  
Parsleyed potatoes  
Mixed green salad  
Enriched bread with butter or for-  
tified margarine  
Cottage pudding with fruit sauce  
Milk

6

Swiss steak  
Steamed potatoes in jackets  
Buttered fresh cabbage  
Whole-wheat bread with butter or  
fortified margarine  
Prune whip with custard sauce  
Milk

7

Chicken fricassee  
Mashed potatoes  
Baked acorn squash  
Enriched rolls with butter or for-  
tified margarine  
Chocolate ice cream  
Beverage

8

Frankfurters  
Hot potato salad  
Buttered carrots  
Enriched rolls with butter or for-  
tified margarine  
Vanilla pudding with cherry garnish  
Milk

9

Braised liver  
Lyonnais potatoes  
Parsley-buttered cauliflower  
Enriched bread with butter or for-  
tified margarine  
Sponge roll with orange filling  
Milk

10

Spanish omelet  
New potatoes in jackets  
Cabbage and apple salad  
Enriched rolls with butter or for-  
tified margarine  
Fresh prune cobbler  
Milk

11

Veal stew with potatoes, carrots  
and onions  
Head-lettuce salad, Russian dressing  
Whole-wheat bread with butter or  
fortified margarine  
Fresh fruit cup, ginger cookies  
Beverage

12

Baked fish with Philadelphia relish  
Creamed potatoes  
Scalloped eggplant and tomatoes  
Whole-wheat bread with butter or  
fortified margarine  
Pineapple sherbet  
Milk

13

Baked stuffed peppers  
Parsleyed potatoes  
Harvard beets  
Whole-wheat rolls with butter or  
fortified margarine  
Pumpkin pie  
Milk

14

Roast beef with gravy  
Mashed potatoes  
Savory cabbage  
Enriched bread with butter or for-  
tified margarine  
Peach shortcake  
Milk

### USE THESE EFFICIENT METHODS OF DISHWASHING

1. Scrape dishes thoroughly before washing.
2. Pre-rinse dishes to remove adhering food by immersing them in a soaking sink or by rinsing them with the spray from a hose. The rinse hose should be attached at the scraping section.
3. Maintain the temperature of the wash water at 140°F. and do not let it fall below 120°F. A thermostat should be installed on the dish machine to control the temperature of the water.
4. Use a dishwashing compound that is suited to the hardness of the water. Add fresh compound at regular intervals. An automatic detergent dispenser installed on the machine will regulate the amount of compound used.
5. Rack dishes in such a way that all surfaces are exposed to the water. Avoid over-crowding the racks, and overlapping the plates. Invert cups, bowls, and glasses so that the spray will be forced inside.
6. Rinse dishes with water at a temperature of 170°F. A steam booster may be needed to raise the rinse water to this temperature.
7. Allow dishes to stand in the rack long enough to air dry them before stacking. This will save time and is more sanitary than toweling.
8. Change the water in the wash tank once in every hour or so during the dishwashing period in order to keep it clean.
9. Wash glassware separately in a glass-washing machine, or put it through the dishwasher before the china is washed.
10. Fill racks only about one-third full of silverware. Dry it immediately after it is taken from the machine with clean, dry towels that are used for this purpose only.
11. Drain the water from the wash tank at the end of the dishwashing period and wash down the sides of the machine with a stiff brush. Clean the outside of the machine as well as the inside.
12. Remove the strainer trays and clean them thoroughly.
13. Clean the wash and rinse sprays carefully at least once each day. Remove bits of food and sediment caught in the openings.
14. Leave the doors of the dish machine open when it is not in use.
15. Wash the dish tables with a neutral soap solution, rinse and dry after each using. Avoid the use of coarse abrasives which will scratch the surface of the metal.

Federal Security Agency  
U. S. PUBLIC HEALTH SERVICE  
Washington, D. C. (Bethesda Station)

Division of Public Health Methods

The Public Health Service announces the release of a sound slide film series entitled OUR HEALTH IN YOUR HANDS, intended for use in teaching sanitation to personnel of eating and drinking establishments.

Copies of the series have been made available to all State health departments and Public Health Service district offices, and may be purchased from Castle Films, Inc., 30 Rockefeller Plaza, New York, N. Y. The price of the complete series is \$10.00, less 10% discount to schools and other non-profit institutions.

OUR HEALTH IN YOUR HANDS consists of four film strips and two double-face, 16-inch, 33 1/3 r.p.m. recordings. Each runs from 10 to 15 minutes. They are:

GERMS TAKE POT LUCK -- showing how germs cause disease, how diseases may be spread--particularly in restaurants---and how restaurant employees can do their part toward protecting the health of the nation by following correct sanitation practices. (76 frames)

SERVICE WITH A SMILE -- illustrating in photograph and narrative the need for attention to personal health, ways to keep well, and safe clean practices in serving food. (63 frames)

IN HOT WATER -- the correct way to wash dishes, handle, and store them. Hand dishwashing is shown step by step. A briefer sequence shows the operation of a single-tank dishwashing machine. (75 frames)

SAFE FOOD FOR GOOD HEALTH -- recommendations as to safe buying, safe preparation, safe serving of food, and how to protect it from contamination. (81 frames)

The value of educational methods in restaurant sanitation is gaining widespread recognition. Many health departments are conducting or planning training courses for restaurant employees. OUR HEALTH IN YOUR HANDS was designed for their use. It is suitable also for training programs in industry, which are devoting increased attention to the public health aspects of restaurant operations.

OUR HEALTH IN YOUR HANDS was produced by the Public Health Methods Division for the Milk and Food Section, Sanitary Engineering Division, U. S. Public Health Service.